

(The Explorer 1979)

## THE VIRGINIA GATEWAY MACHINE EXPERIENCE

That sounds very impersonal, yet the experience is far from being impersonal. The New Monroe Training and Research Center is unlike any other facility now in service. It is designed to apply all of the methods and techniques [sic] developed through the years by the Institute to enhance consciousness, awareness, learning and attention without the use of drugs or electrical stimulation. The staff of Trainers, Techninians [sic], and friends take away all signs of impersonality!

### UPON ARRIVAL

If you've been accepted for one of the Gateway programs, and if you've notified the Institute in advance, you are met at the Charlottesville, Virginia Airport, and you ride in the Institute car some thirty (30) miles to the south, through rolling hills that grow into small green mountains with patterns of pastoral streams and farmland at their base. The mountains are *green*. Where is the famous *Blue* Ridge of which you've heard so much. There it is, not too distant, against the horizon — and it *does* look blue, your driver points out.

The car moves off the main highway, along a road bordering Rockfish. River, then crosses a bridge over the river, and a few moments later, turns into the New Lande. The driver points to a distant mountain ridge, and tells you the New Land goes all the way to the top of it. There is a trail that leads to the top, and you can hike up through the woods and be totally alone on an afternoon — if you so desire.

The road climbs steeply around the side of a knoll. You pass the Gatehouse, a large rustic yet contemporary building just completed. Your driver indicates this houses not only staff but overnight visitors at the Institute. Through the valley beyond and below, a deeply—cut trout stream sweeps powerfully down to the Rockfish River. Later the stream will be enhanced for fish production, the driver tells you. Also, upstream, a small hydro— electric plant is to be installed, with a hydraulic ram system to pump water to a reservoir on the hill above.,

The car reaches the top of the hill, turns to the right onto a plateau — and then you understand. The view - the panorama of green—blue mountains and ridges spread out in all directions, tier after tier spreading to the horizon, the clear sweep of clouds and sky, the clean fresh air - and in the near distance, the tree—covered ridge you 've decided you're going to climb, the grassy pasture bending over the side of the hill and down into another valley, where a second unpolluted stream softly makes its rambling way down to the river, — old yet now,

new, to be used and treated in a new way. The New Land. Seven hundred and thirty (730) acres, to be exact.

You almost missed the Center, It doesn't look as large as you expected, because it is planted carefully into the side of the hill. Architecture is again the rustic-contemporary mode. It is affectionately called the "Cedar Chest" , your driver comments, for obvious reasons . It can provide housing and services for up to twenty five (25) participants . There are meeting rooms for large and small groups, dining areas both indoors and on the broad deck outside, complete facilities for audio—visual presentations and recording, and a Master Control Room for origination and monitoring during training sessions. The most important feature of all is the CHEC unit, you are told.

The car pulls into the parking area, and you get out. You walk up the curving ramp to the main entrance, and with one last look at the Big Sky, you go inside, In the office to the right, Alice greets you, and signs you in. Along with towels, soap, instruction sheet, and program schedule, Alice tells you that you can leave your shoes at the entrance or take them to your room — that shoes are not necessary inside the Center. You can go barefooted if you wish. She also takes your wrist watch to keep for you, For this week, time will not be important to you. You take your shoes off, and another staff member shows you to your home for the next week, plus one.

## **INTRODUCTION TO CHEC**

The room you share with another looks comfortable, with appropriate space for belongings, but there is no bed. Where is the bed! The staff member then takes you over and opens up what you thought was a large closet. How wrong you were! This is the famous CHEC (for Controlled Holistic Environmental Chamber) , where you will sleep at night and where you will go through each training exercise in complete privacy — and freedom. Not only will the CHEC double the effectiveness of the training, but you will sleep in it and experience a form of restful sleep that you may have never had before.

The Chec unit is first of all an acoustical [sic] room. It reduces sharply all external noises from interfering with the occupant. Secondly, it shields to a significant degree (55 D.B.) most electro— magnetic radiation from entering the chamber, a vital factor in many ways .

Inside the CHEC unit is a bed, some water beds, some air beds, some conventional. There is no room for anything else. (On a lower floor, the special CHEC units contain not only a bed, but a complete small room, with chest, desk and chair). Upon invitation, you lie down on the CHEC bed, and the staff member instructs you in its operation. You find all of the following you can control to suit you:

1. Lights: bright, dim, color change, or none at all,

2. Temperature: warmer, cooler, as you desire.
3. Air: low or high flow direction.
4. Sound: available through headphones or speakers on each side. When not in program exercise or sleep, music and various natural backgrounds such as soft breeze, rain, surf, etc. , or total silence.
5. Negative air ionization: high, low or none at all.

## **DURING TRAINING EXERCISES**

No more mattresses on the floor! After a group session in the Meeting Room, you return to the CHEC unit, close the door. You lie down, put on the set of headphones, adjust the environmental controls to your liking, and wait for the Start Signal. The side speakers act as intercom between you and the Master Control Room, so that the technician or trainer in charge can always hear you, and you can hear them either with or without headphones. Most important, you can put on the hand and other electrodes when instructed, which feed various biological signals back to the Master Control Room. Through these, the technician can analyze accurately your response and progress during the Exercise. Thus for the first time, Gateway Program participants can receive an accurate evaluation beyond their own impressions and reactions, and permanent records can be kept for such response.

Upon completion of each Exercise, you return to the Meeting Room for debriefing and discussion,

## **DURING SLEEP**

At Time for Sleep, you retire again to the CHEC unit, and set the controls for total sleeping comfort, (You will find it interesting to make various adjustments and changes in these as you progress through the program — your needs and likes may not be what you thought they were!) , For sleep, sound will come through the side speakers, not through the headphones, You may select from the following :

- (1) Silence
- (2) Sleep pattern (the Institute's patented sleep inducing sound which leads you through sleep for the entire period, and wakes you up gently in the morning).
- (3) The Learning Channel, which by a special process, offers data learning and languages during sleep, and then drops you into normal sleep.
- (4) Nature Sounds — rain, surf, soft wind, etc., which you may like during sleep. All sleep channels present a special wake-up signal at the appropriate time. Included too, is reinforcement in learning to go to sleep whenever you so desire.

## MASTER CONTROL ROOM (MCR)

This is the heart of the technical operation of the Center. First, the MCR feeds audio and video programs to each CHEC unit, and can send as many as ten (10) *different* programs simultaneously. Thus, any individual can receive special reinforcement exercises, elective and optional training on an one-to-one basis with the Trainer in MCR.

Through intercom and direct switching into the program, the Trainer can converse with the Participant in any CHEC unit privately, without disturbing or interrupting any one else. This important communication link permits a close personal approach *during the exercise* with each person, if and when needed.

Equally important is the other activity in the MCR - the monitoring of biological responses of each Participant. Through a custom scanning system, technicians in MCR can read EEG, EMR, GSR, body temperatures, and body voltage changes at the microvolt level. The MCR is able to record any such responses on magnetic tape, with real time synchronous [sic] program and oral response patterns, thus providing a permanent record of the progress of each Participant. Of special interest is the MCR Mind Mirror, a new instrument that displays visually full-range hemispheric synchronization of electrical brain waves from high Beta to slow Delta, all in one pictorial representation.

It also has provision for video distribution throughout the Center, including the CHEC units, as the need develops.

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To make full use of the new Center, the Institute is modifying all of the current Gateway Program exercises into a new format. However, such changes will not negate the methods and training provided to date, but instead will augment and amplify them to new levels of proficiency.